

## Events 15.11.2024 - 21.11.2024

### Friday, 15.11.2024

#### Goslings dinner at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

08:30 - 09:30

#### Yinyasa Yoga at Hotel Goldener Berg

Vinyasa Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

10:30 - 11:30

#### Meditative journey

Meditative journey

Time: 10:30 pm

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

17:30 - 18:30

#### Tantra Hatha Yoga at Hotel Goldener Berg

Tantra Hatha Yoga session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

18:00

#### Happy Afterwork at the Tannbergerhof

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

### Saturday, 16.11.2024

#### Goslings dinner at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

08:30 - 09:30

#### Yinyasa Yoga at Hotel Goldener Berg

Vinyasa Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

10:30

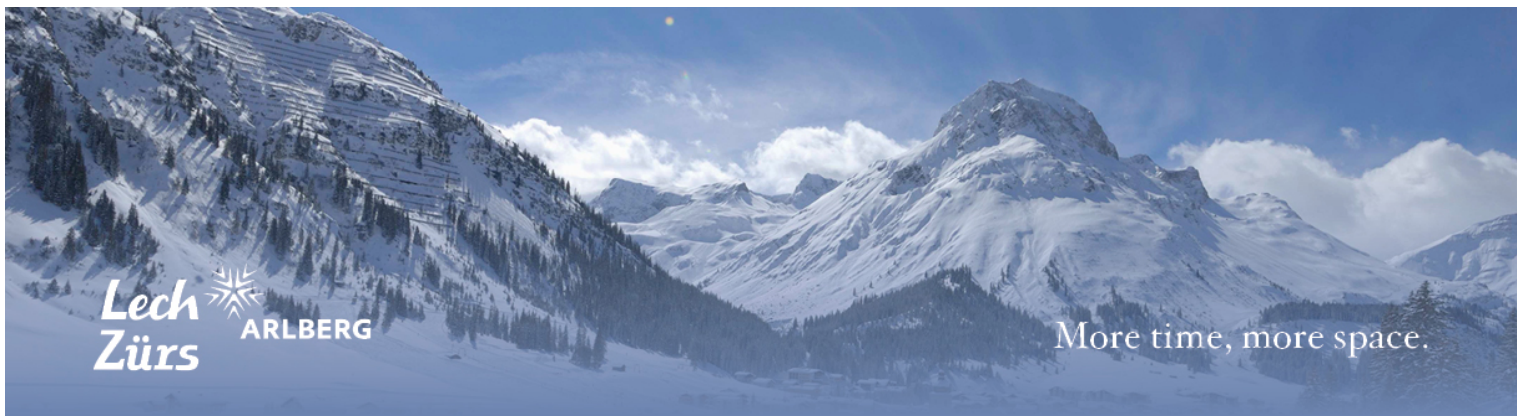
#### Pranayama / Breathing meditation

Time: 10:30 am

Price: € 15,- per person

Where: Hotel Goldener Berg

Please pre-book the day before: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)



## Events 15.11.2024 - 21.11.2024

### Saturday, 16.11.2024

**17:30 - 18:30**

#### **Tantra Hatha Yoga at Hotel Goldener Berg**

Tantra Hatha Yoga session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

**18:00**

#### **Happy Afterwork at the Tannbergerhof**

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

### Sunday, 17.11.2024

#### **Goslings dinner at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

**08:30 - 09:30**

#### **Vinyasa Yoga at Hotel Goldener Berg**

Vinyasa Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

**10:30**

#### **Breathwork**

Time: 10:30 am

Price: € 15,- per person

Where: Hotel Goldener Berg

Please pre-book the day before: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

**17:30 - 18:30**

#### **Tantra Hatha Yoga at Hotel Goldener Berg**

Tantra Hatha Yoga session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

**18:00**

#### **Happy Afterwork at the Tannbergerhof**

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

### Monday, 18.11.2024

#### **Goslings dinner at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

## Events 15.11.2024 - 21.11.2024

### Monday, 18.11.2024

08:30 - 09:30

#### **Yinyasa Yoga at Hotel Goldener Berg**

Vinyasa Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

15:00 - 16:00

#### **Highest Vision Meditation with Anja Löhning**

On holiday, your "Highest Vision" is created out of joy and lightness. It therefore also carries these signs. Wouldn't it be wonderful to immerse yourself in your ideal life and take some of it home with you from your holiday?

Price 40 € per person

Minimum 2 participants

When: Monday

Time 3 pm

Where: Yoga room, Hotel Goldener Berg

By pre-booking by Sunday evening at the latest.

Individual coaching session (60 - 90 minutes): € 150,-

Registration: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

16:00 - 17:00

#### **Mantra recitation**

Time: 4.00 pm

Price: € 15,- per person

Where: Hotel Goldener Berg

Please pre-book the day before: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

17:30 - 18:30

#### **Tantra Hatha Yoga at Hotel Goldener Berg**

Tantra Hatha Yoga session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

18:00

#### **Happy Afterwork at the Tannbergerhof**

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

### Tuesday, 19.11.2024

#### **Goslings dinner at the Tannbergerhof**

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

08:30 - 09:30

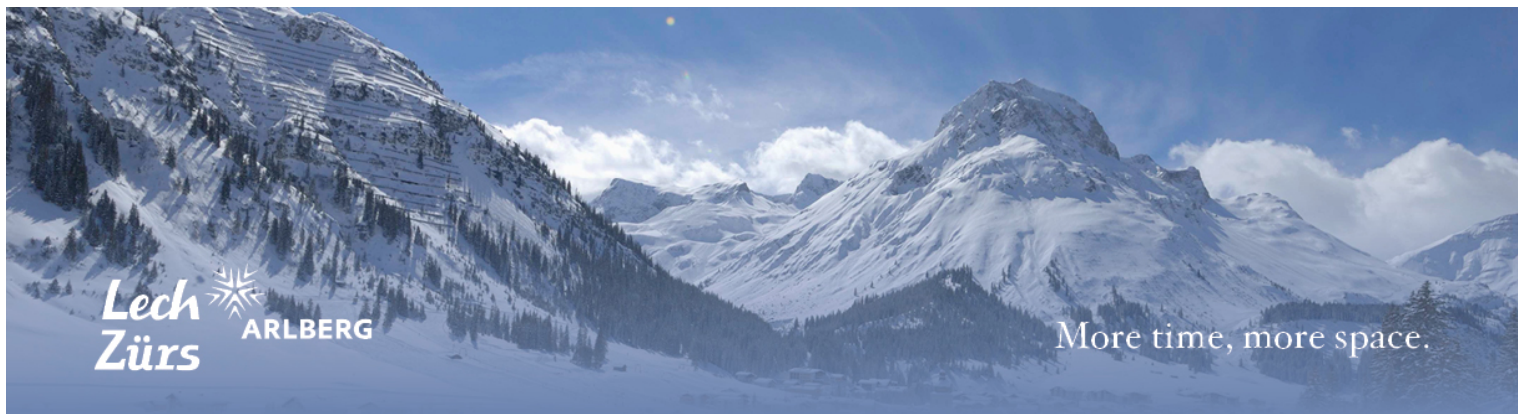
#### **Yinyasa Yoga at Hotel Goldener Berg**

Vinyasa Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg



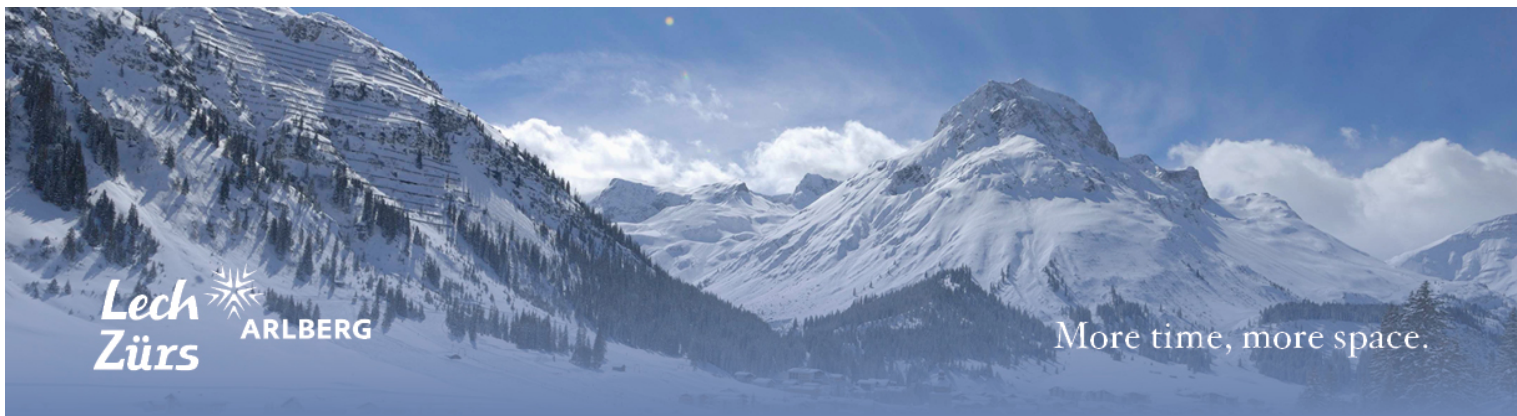
## Events 15.11.2024 - 21.11.2024

### Tuesday, 19.11.2024

- 10:30**                    **Pranayama / Breathing meditation**  
Time: 10:30 am  
Price: € 15,- per person  
Where: Hotel Goldener Berg  
Please pre-book the day before: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)
- 16:00**                    **Guided meditation**  
Guided meditation  
Time: 10:30 am  
Price: € 15,- per person  
Where: Hotel Goldener Berg  
Please pre-book the day before: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)
- 17:00**                    **Functional Training**  
Gentle posture, flexibility and strength training that activates the functional muscle chains.  
Block of 10: € 95,-  
From 07 November 2024, Tuesday & Thursday 5 pm - 6 pm  
Where: Training room Physio Lech, in the Dr Rhomberg Sanatorium
- 17:30 - 18:30**            **Tantra Hatha Yoga at Hotel Goldener Berg**  
Tantra Hatha Yoga session 5.30 pm - 6.30 pm  
Price per person: € 15,-  
Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)  
Where: Hotel Goldener Berg
- 18:00**                    **Happy Afterwork at the Tannbergerhof**  
From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.  
Daily from 6 pm - 8 pm  
Where: Hotel Tannbergerhof

### Wednesday, 20.11.2024

- Goslings dinner at the Tannbergerhof**  
Reservation requested under T.: +43 5583 2202  
Where: Tannbergerhof
- 08:30 - 09:30**            **Yin yoga at Hotel Goldener Berg**  
Yin yoga Morning session 8.30 am - 9.30 am  
Price per person: € 15,-  
Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)  
Where: Hotel Goldener Berg
- 10:30 - 11:30**            **Meditative journey**  
Meditative journey  
Time: 10:30 pm  
Price per person: € 15,-  
Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)  
Where: Hotel Goldener Berg



## Events 15.11.2024 - 21.11.2024

### Wednesday, 20.11.2024

17:30 - 18:30

#### Tantra Hatha Yoga at Hotel Goldener Berg

Tantra Hatha Yoga session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

18:00

#### Happy Afterwork at the Tannbergerhof

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof

### Thursday, 21.11.2024

#### Goslings dinner at the Tannbergerhof

Reservation requested under T.: +43 5583 2202

Where: Tannbergerhof

08:30 - 09:30

#### Vinyasa Yoga at Hotel Goldener Berg

Vinyasa Yoga Morning session 8.30 am - 9.30 am

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

16:00 - 17:00

#### Mantra recitation

Time: 4.00 pm

Price: € 15,- per person

Where: Hotel Goldener Berg

Please pre-book the day before: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

17:00

#### Functional Training

Gentle posture, flexibility and strength training that activates the functional muscle chains.

Block of 10: € 95,-

From 07 November 2024, Tuesday & Thursday 5 pm - 6 pm

Where: Training room Physio Lech, in the Dr Rhomberg Sanatorium

17:30 - 18:30

#### Tantra Hatha Yoga at Hotel Goldener Berg

Tantra Hatha Yoga session 5.30 pm - 6.30 pm

Price per person: € 15,-

Registration at: [happy@goldenerberg.at](mailto:happy@goldenerberg.at)

Where: Hotel Goldener Berg

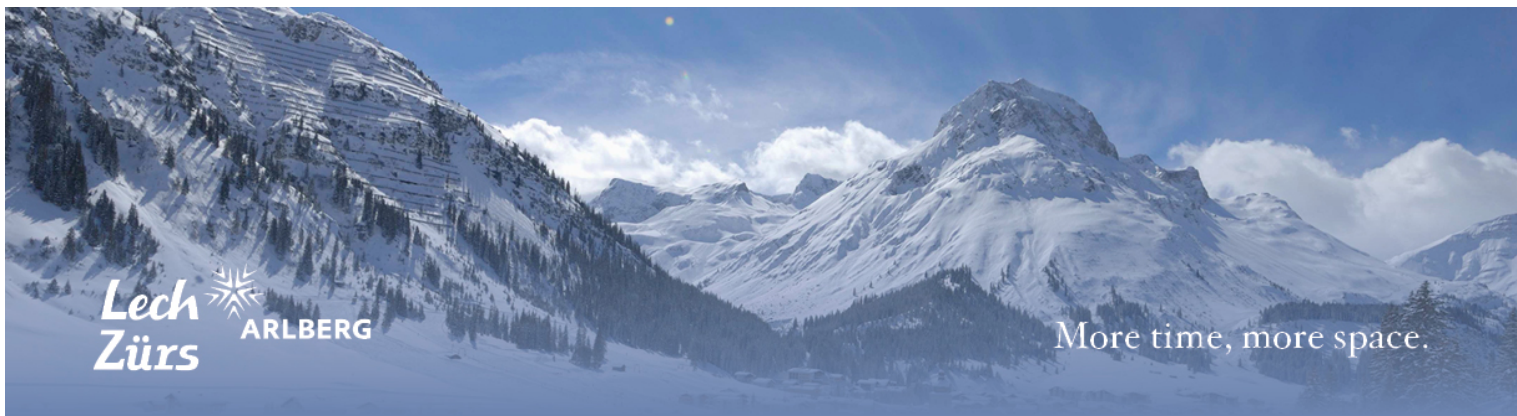
18:00

#### Happy Afterwork at the Tannbergerhof

From 30 September to 30 November there are tempting afterwork specials at the Tannbergerhof.

Daily from 6 pm - 8 pm

Where: Hotel Tannbergerhof



**Lech  
Züers**  **ARLBERG**

More time, more space.

## Events 15.11.2024 - 21.11.2024

### Thursday, 21.11.2024

**18:00**

#### **Stretch & Relax**

In this session, we aim to stretch and relax the body and improve flexibility. The focus is on relaxation and regeneration.

Block of 10: € 95

When: Thursday 6 pm - 7 pm

Where: Physio Lech training room in the Dr Rhomberg Sanatorium

**20:00**

#### **Cabaret evening with Martin Frank**

Cabaret evening with Martin Frank

Time: 8 pm

Where: Lechwelten

Ticket price: € 35,- plus service charge

Admission from 7.30 pm

Advance ticket sales at Raiffeisenbank Lech and at [www.laendleticket.com](http://www.laendleticket.com)

